

Slow Cooker Kalua Pork with Cabbage

Prep Time: 10 Min Cook Time: 8 Hours Total Time: 8 Hours, 10 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 2/3 cup (189g)

Amount Per Serving

Calories 210

Calories from Fat 61

% Daily Value*

Total Fat 7g 10%

Saturated Fat 2g 8%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 98mg 33%

Sodium 975mg 42%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 33g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

2.67 lbs lean pork tenderloin

2 tbsp olive oil

2 tsp liquid smoke

1 tbsp salt (or more, Hawaiian is best)

1/2 cup water

4 garlic cloves (whole and unpeeled, optional)

6 cup green cabbage, cut into 2 inch chunks

Directions

- 1 Rub the pork all over with the olive oil, salt, and liquid smoke. Pour the water (broth) in the slow cooker and place the pork on top.
- 2 Cook on low for 8-10 hours. Add the cabbage in the last 2 hours of cooking. Shred pork with two forks before serving.

Notes

